BOARD OF COMMISSIONERS

1 S. Main St., 9th Floor
Mount Clemens, Michigan 48043
586-469-5125 FAX 586-469-5993
macombcountymi.gov/boardofcommissioners

EDUCATION AND TRAINING COMMITTEE

WEDNESDAY, MAY 13, 2009

AGENDA

1. Call to Order
2. Pledge of Allegiance
3. Adoption of Agenda
4. Public Participation
5. Higher Education Presentation: Macomb Community College/Provost Don Ritzenhein
6. Michigan Works Executive Director's Report/John Bierbusse
7. Authorize Macomb MSU Extension to Receive Funds from Michigan Department of Community Health to Implement Project Fresh **(mailed)**
8. Authorize Macomb MSU Extension to Receive Funds from Local Schools, Community Organizations and the MSU Extension to Support the Great Lakes Education Program **(mailed)**
9. MSU Extension Director's Report and Program Update-Youth Mentor /Marilyn Rudzinski
10. New Business
11. Public Participation
12. Adjournment

MEMBERS: D. Flynn-Chair, Moceri-Vice-Chair, Mijac, Doherty, Rengert, Crouchman, Camphous-Peterson, Bruley, Sprys and Gieleghem (ex-officio)

Macomb Community College
Education • Enrichment • Economic Development

Contents

For the

Education & Training Committee

Macomb County Board of Commissioners
May 13, 2009

Donald Ritzenhein, Ph.D.
Provost

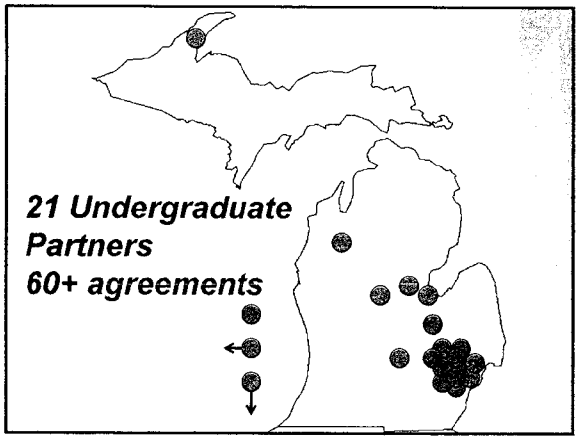
Distributed 5-13-09

Macomb Community College

Briefing for the
Education & Training Committee
Macomb County Board of Commissioners
May 13, 2009

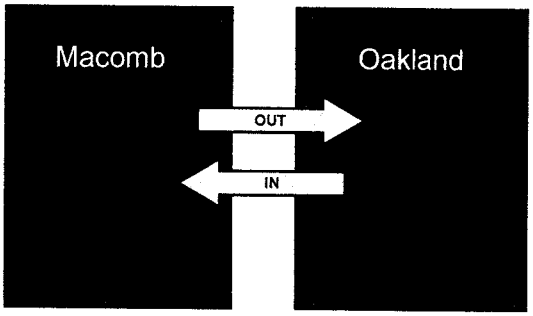
Enrolled Students

Total number of enrolled students	**23,149**
a. Percent of Full-Time Students	**38.5%**
b. Percent of Part-Time Students	**61.5%**
c. Average age of a student attending MCC	**25.6 (median = 21)**



21 Undergraduate Partners
60+ agreements

Traditional Paradigm: Handoff



M2O is a Virtual Merger

Macomb + Oakland

Application	Financial Aid
Advising	Facilities
Enrollment	Transcripting

Dual Degrees:
Associate & Baccalaureate

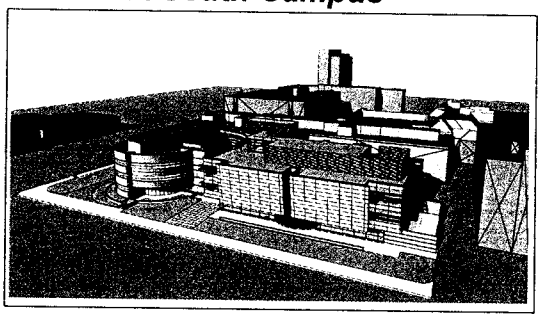
Wayne Direct

Macomb + Wayne

Application	√Financial Aid
√Advising	√Facilities
√Enrollment	Transcripting

Dual Degrees:
Associate & Baccalaureate

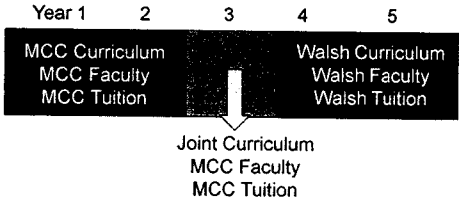
WSU Advanced Technology Center at South Campus



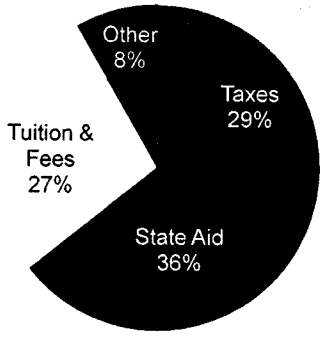
Not a simulation

Walsh College Honors Fast Track

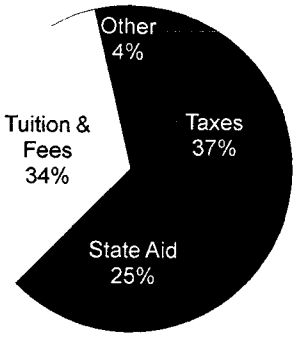
3+2: ABA, BBA, MBA in 5 years



Revenue Sources 2001-02



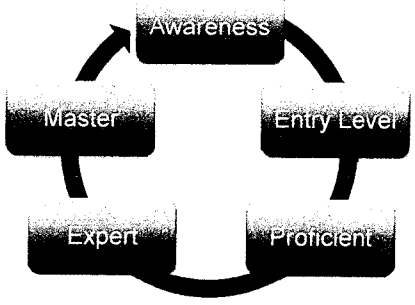
Revenue Sources 2008-09

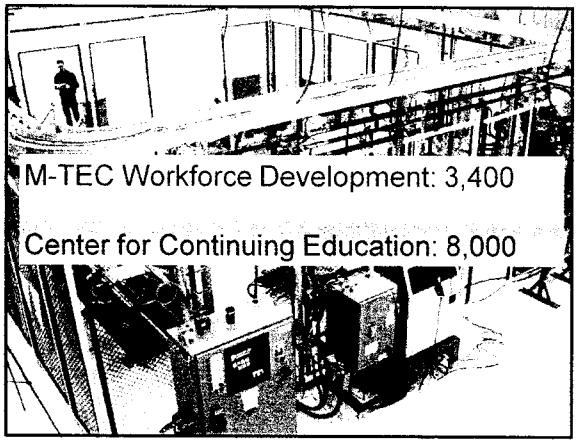


Faculty and Staff

1. Total number of employees	2,043
2. Percentage of employees living in Macomb County	1,420
3. Total number of academic faculty	1,038
4. Percentage of faculty living in Macomb County	55%
• Full-time	52%
• Part-time	56%

Continuum of Learning – Credit and Non-credit

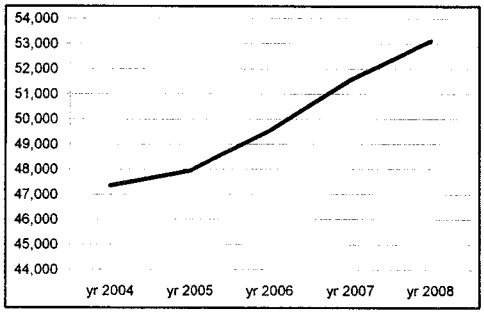



M-TEC Workforce Development: 3,400
Center for Continuing Education: 8,000

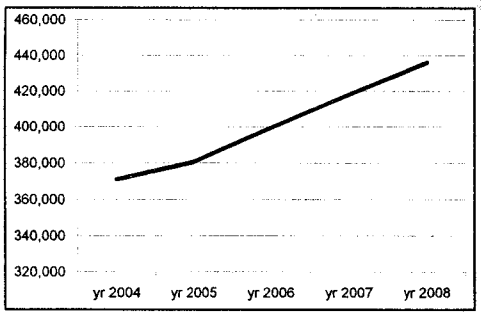

Certified Nurse Assistant


Jet Plus
Office
sistant

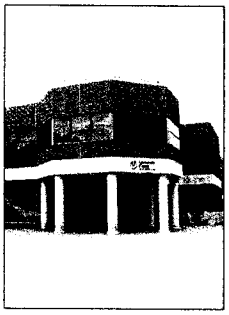
Annual Headcount up 12%



Annual Credit Hours up 17.5%

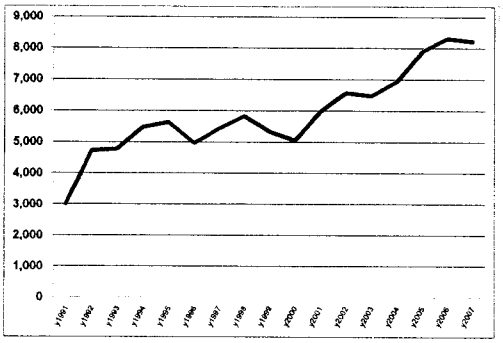


Macomb University Center



- *Millage approved 1988*
- *Opened August 1991*
- *8 partners*
- *50 undergraduate & graduate degrees*
- *Over 100,000 served*
- *National Model*

Annual Enrollment Up by 173%

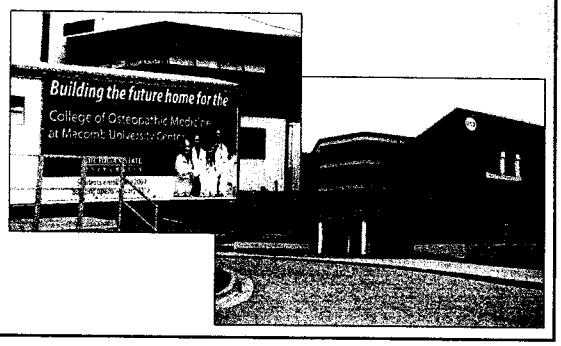


Integrating UC into Academic Affairs of MCC

Provost

Career Programs | Arts & Sciences | University Center

Opportunity for Next Iteration




THE CHRONICLE
of Higher Education

Stimulus Law Revs Up Research on Energy

As the Auto Industry Shrinks, a Community College Retools

Macomb Community College

Education • Enrichment • Economic Development

Questions?

Macomb Community College

Areas of Study

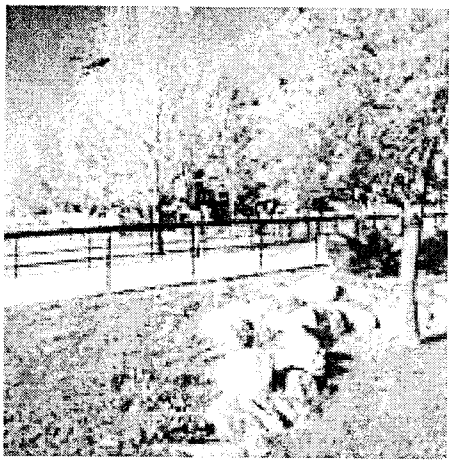
Macomb offers nearly 200 degree and certificate programs in the areas of study listed below. There are degree, certificate, and transfer programs with associate's degrees of Arts, Science, Applied Science, Baccalaureate Studies, Business Administration, and General Studies.

Accounting
Advanced Processes
Anthropology
Applied Technology & Apprenticeships
Arabic Language & Culture
Architecture
Art
Astronomy
Automotive Technology
Biology
Biotechnology
Building Construction
Business
Business Communications
CAD/Computer Aided Design
Chemistry
Chinese Language & Culture
Civil Technology
Climate Control Technology
Clinical Laboratory Technology
College Survival Skills
Culinary Arts
Early Childhood Studies
Economics
Education
Electricity & Electronics
Emergency Medical Services
Engineering
English
English for Academic Purposes
Entrepreneurship
Environmental Science
Finance
Fire Science
Fluid Power Technology
French Language
Geography
Geology
German Language
Health Information Technology
Health Reciprocal Programs
History
Hospitality Management
Humanities
Hybrid Electric Vehicles
Information Technology–IT
International Studies
IT–Applications Software
IT–Computer Security
IT–Database
IT–Gaming
IT–Networking
IT–Operating Systems
IT–Programming
IT–Web
Italian Language
Journalism
Labor Management Relations
Law Enforcement
Legal Assistant
Life Career Development
Management
Manufacturing
Marketing
Mathematics
Mechatronics
Media & Communication Arts
Medical Assistant
Music
Natural Science
Nuclear Medicine Technology
Nursing
Occupational Therapy Assistant
Paraprofessional Education
Pastry Arts
Philosophy
Physical & Health Education
Physical Science
Physical Therapist Assistant
Physics
Plumbing & Pipefitting
Political Science
Pre-Engineering
Product Development
Psychology
Quality Systems Technology
Reading
Respiratory Therapy
Restaurant Management
Robotics
Sign Language
Social Science
Sociology
Spanish Language
Speech
Stationary Steam
Surgical Technology
Surveying Technology
Theater Arts
Veterinary Technician
Welding

Note: Most Areas of Study listed above have a detailed listing in the Program Descriptions section of this catalog (beginning on page 63).

For more information, visit our website at www.macomb.edu or call 866.Macomb1 (toll free).

Degrees & Certificates



Common Degree Outcomes

Degrees Offered at Macomb

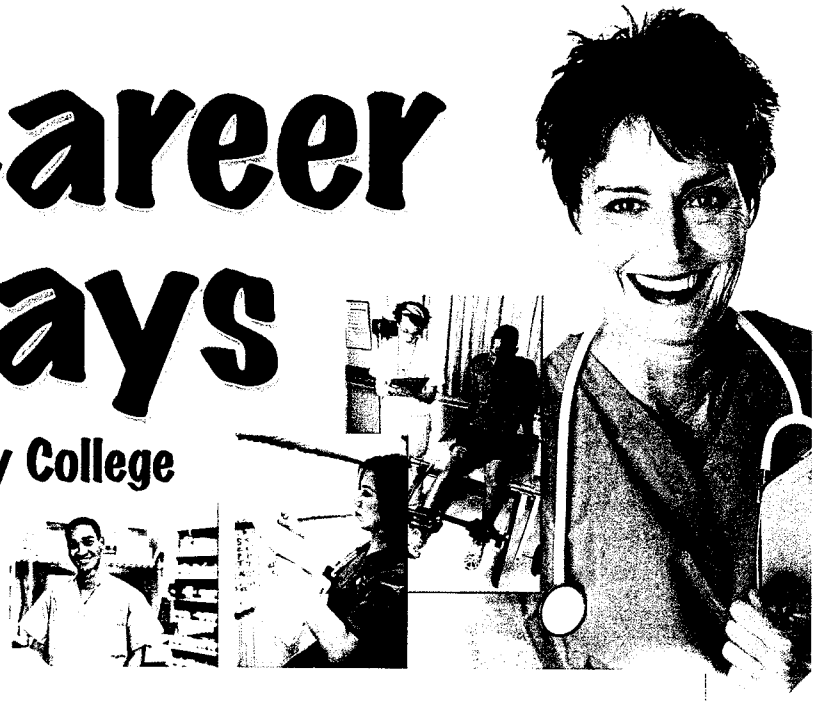
- Associate of Arts
- Associate of Science
- Associate of Applied Science
- Associate of Baccalaureate Studies
- Associate of Business Administration
- Associate of General Studies

Certificates Offered at Macomb

- Certificates in Career Programs
  - Skill Specific Certificates (see page 46)
- Certificate in General Studies
- Certificates in Applied Technology & Apprenticeship

Health Career Pathways

Macomb Community College



Certificate Programs

Skill Assessment & Enhancement

CONTINUING EDUCATION ENROLLMENT
586.498.4000 or email continuinged@macomb.edu

Short Term Healthcare Training

- Certified Fitness Trainer
- Certified Professional Coder
- Eldercare Specialist
- Health Unit Coordinator
- Nurse Assistant
- Patient Access/ Accounting Specialist
- Pharmacy Technician
- Phlebotomy

Degree Programs

Academic Assessment & Skill Enhancement

COLLEGE ADMISSION
586.445.7225 or email answer@macomb.edu

2-Year Associate's Health Careers

- Clinical Laboratory Technology*
- Emergency Medical Technician
- Health Information Technology
- Medical Assistant
- Nuclear Medicine Technology*
- Respiratory Therapist*
- Nursing*
- Occupational Therapy Assistant*
- Physical Therapist Assistant*
- Surgical Technology*
- Veterinary Technology*

**Selective Admissions programs*

Visit www.macomb.edu

Macomb Community College
Education • Enrichment • Economic Development

1395_09 reprint

Business and Industry Workforce Training

Sharpen Your Competitive Edge

Workforce Development Institute

MACOMB COMMUNITY COLLEGE

586.498.4100
7900 Tank Avenue, Warren, MI 48092
www.macomb.edu/WDI

Michigan Technical Education Center (M-TEC℠)

Michigan Technical Education Center (M-TEC℠)

Home to the Workforce Development Institute and the ACT Center℠, Macomb Community College's M-TEC℠ is a 40,600 square-foot facility on the site of the former Warren Tank Plant.

The M-TEC houses classrooms and computer labs offering the most advanced training technologies. This dynamic learning environment also includes a large flexible high-bay space that can be rapidly adapted to meet your training requirements.

The M-TEC is guided by an Advisory Board to help ensure the Workforce Development Institute responds effectively to employee training needs and maintains the highest level of quality services. Training and consulting programs can be held at our M-TEC facility or at your business location. All programs are scheduled at times and locations convenient to you and your employees.

M-TEC
Michigan Technical Education Center

Macomb's Michigan Technical Education Center was funded in part by the Michigan Economic Development Corporation.

The Workforce Development Institute

The Workforce Development Institute (WDI) is dedicated to strengthening your business and improving the skills of your workforce. We provide education and training for 6,500 employees from more than 200 companies each year.

We offer employers affordable, leading-edge, custom-designed training and education programs providing employee participants with new skills, knowledge and abilities. We will help your business be more productive, more innovative, and thus more profitable through the investment in training, education, and employee development.

Upon identifying your needs and available resources, our team of experienced consultants will develop a customized training program to provide your employees with the professional skills needed for today's diverse, fast-paced, global business environment.

Invest in your most valuable asset—your workforce.

WDI

Business and Industry Alliances and Initiatives

We have formed many alliances and programs with businesses, labor organizations, the state, and other training providers to respond to the needs of regional employers. Some alliances and contracts include:

Alliances

- Partnership with **MIOSHA** to provide consistent and credible learning that improves and promotes workplace safety including certifications state-wide.
- The WDI holds a one of a kind collaborative agreement with the prestigious **Kaizen Institute**, the world-renowned pioneer in lean manufacturing and quality systems, to offer Kaizen training.
- Collaboration with **Ferris State University** to design and implement an online 4-year degree program.
- Alliance with the **UAW-Chrysler Technology Training Center** to offer training services.
- Alliances with **EPLAN, Rockwell Automation, Ross Controls**, and **General Physics Corporation**, to provide the most current technology.

Contracts

- Contract with **GM** to provide global certification courses for the Controls, Conveyors, Robotics & Welding (CCRW) technical services group. WDI has conducted courses in Korea, Australia, Mexico, Spain, India, Thailand, Belgium, the United Kingdom and China.
- Contract with **UAW-Ford** National Program Center and **UAW-GM** Center for Human Resources as the skill center service provider for six facilities.
- Contracts with **TACOM** for leadership and management training tied to their strategic business plans and development of competencies.

Grant Funding

The WDI is your connection to grant funding opportunities that can be used for workforce training.

Through our favorable partnerships with key agencies we have successfully received local, state, and federal grants to assist local businesses with funding for education and training. Eligibility for many of these grant programs has been focused on job creation and employee retention.

The Workforce Development Institute has a strong history of helping business and industry qualify for various grant funding by building comprehensive, customized training programs.

Quality Instruction

Macomb's Workforce Development Institute staff combines industry experience with sound educational principles. We recruit, equip and manage a training team with both academic and real-world career experiences. Along with access to the College's diverse faculty, we are focused on your learning mission. Your company will benefit from training delivered by instructors who are committed to your success.

Training content, timing, and delivery location are adaptable to your organization's needs and your schedule. Courses can be on demand, modularized, online, or any combination of methods.

"I had the best time in this class that I've ever had in any other. You have a good thing going here that can open the eyes of 'ANY' person in the workforce."

Terry D. Smart
Safety Manager
PM Heavy Brigade Combat Team

Industrial and Technical Training

The WDI provides industrial and technical coursework for your employees in areas critical to your success. We can customize courses and programs to meet your specific needs in a variety of subject areas including, but not limited to:

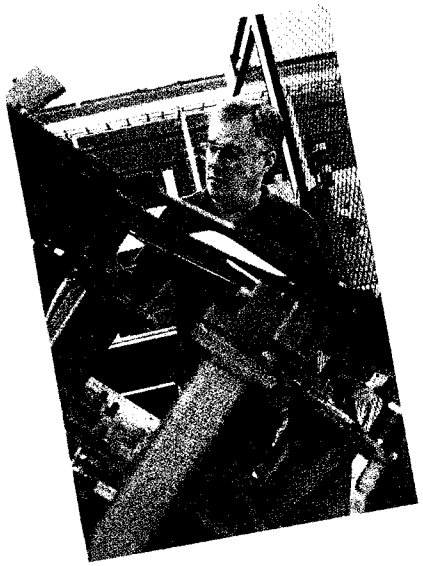
- Alternative Energy
- Blueprint Reading
- CNC (Computer Numerical Control)
- Fluid Power (Hydraulics)
- Geometric Dimensioning and Tolerancing (GD&T)
- Integrated Skills (Mechatronics)
- Machining Skills
- Mechanical Power Presses
- National Electric Code
- Pneumatics
- Skilled Trades
- Welding

Robotic Training

Robotic Training at M-TEC provides the opportunity to learn real-world industry applications for robotic manipulation of materials in fully functional manufacturing cells.

Training Cells

- Robotic Welding Cell
- Press-to-Press Automation Simulator
- Robot Training Cell



Training Laboratories

- Programmable Logic Controller (PLC)
- Hydraulic and Pneumatic Technology
- 2D MasterCam Mill Programming and Machining

Design Engineering

Our computer aided design courses are industry-driven, flexible, accessible, and designed to address the challenges of today's global marketplace.

- AutoCAD/AutoCAD Electrical
- CATIA
- EPLAN—electrical CAD and CAE software
- Mastercam
- Pro/Engineer
- Unigraphics

"The Workforce Development Institute at Macomb Community College is integral in the development of the region's workforce. I've found their education and training programs very effective and align with the region's business demands."

Gregory Handel
Sr. Director, Workforce Development
Detroit Regional Chamber

WDI

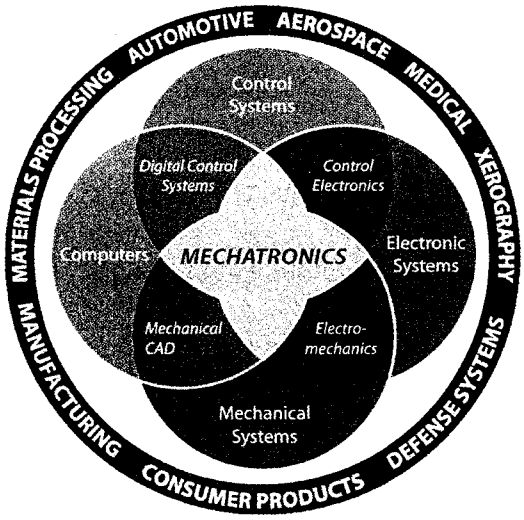
Integrated Skills

Multi-skilling your workforce

In an effort to better utilize their workforce, employers are training employees across disciplines and requiring teamwork and flexibility in assignments.

The Workforce Development Institute has the knowledge-base and resources to provide the training needed to develop your multi-skilled workforce. Also known as Mechatronics, Integrated Skills focuses on the integration of mechanical, electronic, hydraulic, pneumatic, and computer technologies to control machine movements. Our courses make use of computers, PLC programming, machine control, and machine simulation. Additionally, troubleshooting and team building skills are learned.

Multi-skilling provides enhanced, results-orientated knowledge for individuals in automation-related jobs. Examples are robot installation and maintenance, automation equipment installation, troubleshooting, and maintenance, and PLC programming. Examples of industries using these skills are automotive manufacturing, pharmaceuticals, food processing, beverage bottling, automated warehousing, oil production, packaging, electronics assembly, medical equipment production, and the military.



Kaizen College @ Macomb

The Kaizen College @ Macomb was created through the only alliance with a community college in the United States with the KAIZEN Institute. Through our unique collaborative relationship, the WDI can offer authentic KAIZEN consulting and customized training.

The KAIZEN Institute is the premier Lean consulting company to assure a robust and sustainable implementation strategy for global corporations. KAIZEN enables all levels of the workforce to maintain continuous improvement initiatives.

SME Lean Certification

The Kaizen College @ Macomb has been approved by the Society of Manufacturing Engineers (SME) to provide a series of courses that meet the training requirement for the SME Bronze Certification. This series of courses is designed for everyone from the novice to the lean practitioner regardless of the level of formal education.

In addition, the Kaizen College @ Macomb provides a two-day review course for the Bronze Certification Exam. Upon review completion you may choose to take the Bronze Level Certification exam at Macomb Community College.

KAIZEN INSTITUTE

Macomb Community College
Education • Enrichment • Economic Development

LEAN certification
SME • Shingo Prize • AME

Quality

Designed to help your employees and your business improve product or service quality, our topics include, but are not limited to:

- FMEA 4th Edition
- ISO Training
- KAIZEN College @ Macomb
- Lean
- Six Sigma

Maintenance & Reliability

For small shops to giant corporations, Maintenance and Reliability is system that combines robust processes and a supportive culture to ensure appropriate maintenance methods permeate the organization.

The WDI and General Physics Corporation have partnered to offer the latest in maintenance & reliability best practices. Learn to reduce downtime, improve quality and lower maintenance costs while increasing equipment effectiveness. Participation is a must for maintenance managers and maintenance staff.

The CMRP (Certified Maintenance Reliability Professional) exam is available to take electronically. The Society of Maintenance and Reliability Professionals Certifying Organization (SMRPCO) now offers the exam at Macomb's M-TEC, an ISO-Quality Testing (IQT) preferred testing center.

WDI

MIOSHA Training Institute

MIOSHA
Michigan Occupational Safety and Health Administration

Macomb Community College

Workplace Safety and Health Training

The MIOSHA Training Institute (MTI) delivers affordable, consistent, participant-driven and informative seminars based on the most up-to-date industry standards in a hands-on, interactive environment.

Companies that develop a proactive safety and health system can achieve; lower worker-comp costs, increased employee productivity, and lower absenteeism and turnover.

The MTI provides a wide range of seminars across the state directed toward improving and advancing safety and health in the workplace.

Key safety and health training topics include:

- Asbestos Awareness
- Confined Space Awareness
- Electricity: The Invisible Killer
- Ergonomic Principles
- Excavations: The Grave Danger
- Fall Protection
- Fundamentals of Safety and Health
- Industrial Laser Safety
- Powered Industrial Truck Train-the-Trainer
- Recordkeeping and Cost of Injuries
- Supervisor's Role in Safety and Health
- When MIOSHA Enforcement Visits
- 10-Hour for Construction

Certification Program

The MIOSHA Training Institute now offers "Level One—General Safety and Health" certification. This new certification program recognizes your educational efforts and increased technical expertise.

When you attend these select courses, you will receive Continuing Education Units and Maintenance Points. While you become knowledgeable in the MIOSHA Standards and the process of developing a safety and health management system, you will also be working toward this certification authorized by MIOSHA.

Who Should Attend

Level One—General Safety and Health Certification is intended for new safety and health personnel, committee members, employers, union members, emergency responders and others interested in general safety and health information.

Additionally, Level Two—General Safety and Health Certification will soon be available.

MIOSHA Training Institute

Statewide Seminars Offer
Safety & Health Training and Certification

For more information about the MTI:

www.macomb.edu/mti

www.michigan.gov/mti

To register for classes:

www.michigan.gov/mioshatraining

Technology Training

We offer a comprehensive selection of technology courses in topics including computer basics, networking, programming, Microsoft Office applications, Linux, multimedia, and website design.

Information Technology, Computer, and Networking

- Database Technology
  - Oracle, Microsoft, DB2 and SQL
- Network Administration, Design and Support
  - Microsoft, Novell, CompTIA, Citrix, Cisco, HP, Solaris, Linux or UNIX
- Development/Programming
  - Microsoft.NET, Prosoft CIW, Visual Basic, Java, J2EE, C, C++, Mainframe, Perl, XML, WebSphere, CMMI, UML, HTML and Javascript
- Network Security
  - Microsoft, SCP, Checkpoint, ComTIA, and CISSP

Computer Applications

Computer training programs to enhance office skills and productivity include:

- General Computer Skills
- ACT! Contact Management
- Adobe Photoshop
- Microsoft Office Courses
  - Word, Excel, and PowerPoint

Performance Consulting

Is training really necessary? With our performance consulting we can provide an answer to that question.

The Workforce Development Institute uses a needs-analysis approach by identifying your business goals to determine whether a business problem can be addressed by training and, if so, how it will resolve the problem. Our approach also involves a process to determine just what type of training your employees need and how it will be delivered.

We can conduct employee assessments, provide instructional design services, determine future training needs, and integrate learning initiatives designed to improve employee performance.

Research indicates training pays off.

The American Society for Training and Development (ASTD) cites in its Profiting from Learning study, that a better-trained workforce improves on the job performance and a businesses overall ROI.

WDI

Certifications for Trainers

Our Instructor Certification and Instructional Designer Certification are specifically designed for your organization's instructors, trainers, training developers, and training managers.

How You Will Benefit

You are busy running a company, not in the business of education and training; yet your training staff is expected to be knowledgeable of essential training standards and processes.

The Workforce Development Institute has developed courses to assure your internal training goals are accomplished by maximizing your employee's skills while following established international standards. The result: your organization will cut costs, increase effectiveness, and establish a holistic approach to incorporate training into your organization. Upon successful completion, participants will be certified by Macomb Community College.

■ Instructor Certification

This course will provide theory and hands-on application of educational methodologies. You will learn the instructional design process in a fun and interactive approach. You will also practice teaching tools and sharpen your presentation skills.

Trainers expected to hold or need credentials, subject matter experts, and training managers.

■ Instructional Designer Certification

This course will provide the theory and hands-on application of the educational methodologies required by today's instructional designers. You will learn instructional design processes and practice using the same tools as our experienced instructional designers.

Trainers involved in design and development of training, instructional designers requiring credentials, and training managers involved in the evaluation of in-house or vendor training and materials.

The Program for Automotive Labor and Education, a study by the Center for Automotive Research indicates—

"The motor vehicle and motor vehicle parts manufacturing industry is still the largest manufacturing industry in the United States in terms of both employment and output. The industry is also still the largest single export income-producing industry in the state of Michigan.

Automakers cited a high degree of math ability, proficiency in reading technical instructions, and computer literacy as the most important workplace skills.

Community Colleges play a key role in delivering both initial and ongoing training to the automotive workforce."

WDI

Scheduled Classes

The Workforce Development Institute offers a wide range of competetively priced open-enrollment classes for which individuals or smaller groups can register. These pre-scheduled classes are designed with your need for flexibility and cost savings in mind.

Our open enrollment classes are focused and timely providing individuals and businesses with quality learning opportunities to build on-the-job skills to match economic demands.

Visit www.macomb.TrainingMatrix.com to view and register for classes online.

Call us at 586.498.4100, or email your address to wdi@macomb.edu, and we'll send a schedule to you.

Professional Development

We offer education and training programs that address challenges and changes in the workplace providing your employees with solid on-the-job skills to keep current with changing technology and practices in their profession. Your business will benefit from employee training in professional development courses such as:

- Communication Skills
- Conflict Resolution
- Customer Service
- Employment Law
- Foreign Language
- Global Business
- Problem Solving
- Project Management

Supervisor/Manager Skills

The WDI customizes supervisory skill building solutions to support your organization's employee development and growth strategies. Our educational approach integrates selected classroom instruction and one-on-one coaching that will help your managers and executives improve performance by developing more effective supervisory skills.

- Developing & Mentoring Others
- Transitioning to Leadership
- Coaching for Success
- Communicating for Positive Performance
- Dealing with Difficult Team Members
- Developing High Performing Teams
- Managing Performance Problems
- Resolving Conflict
- Managing Former Peers

WDI

Computer-Based Training

Computer-based training is proven to be a flexible, high quality, and cost-effective solution to improve employee performance. Computer-based training can be used alone or blended with other training to meet your businesses overall needs.

Our ACT Center™ offers over 4800 courses, including but not limited to:

- Customer Service
- English as a Second Language
- Finance
- Industrial Technology
- Information Technology
- Management & Leadership

For more information
email act@macomb.edu
or call 586.498.4130

Assessments

We can assist you with employee hiring, selection decisions and the identification of employee skills and knowledge for various positions. Choose from one of these well-known options:

Corporate Testing
Highly reliable, standardized aptitude assessments to help with your employee hiring and selection decisions

NOCTI (National Occupational Competency Testing Institute) Assessments
To identify employee skills, knowledge, and worker employability skills

Performance Assessment Network (pan®)
A leading web-based source of more than 650 assessment tools in categories such as intelligence, personality, integrity, skills, and more

WorkKeys®
WorkKeys® ensures that you have the right people staffed in key positions through job profiling, assessments, and specific training to close skill gaps

National Career Readiness Certificate (NCRC)
This portable credential verifies to employers anywhere in the United States that an individual has essential core employability skills in Reading for Information, Applied Mathematics, and Locating Information. The certificate offers individuals, employers, and educators an easily understood and universally valued credential that certifies the attainment of these workplace skills.

Certification Testing

We also offer specific certification exams allowing for the opportunity to support your knowledge and expertise with a credential. Exams are offered through our partners:

ACT Certification and Licensure
ACT provides services in licensing, certification, and occupational analysis

ISO-Quality Testing, Inc.
User-friendly, high quality, reasonably priced computerized exam services—an IQT preferred testing center

LaserGrade®
Proctored computer-based test administration for occupational and professional licensure and certification, using its own secure network and software

Microsoft® Office Specialist Certification Exams
The premier Microsoft® desktop certification

MSSC (Manufacturing Skill Standards Council) Assessments
An industry-led system that certifies the foundational skills and knowledge of workers in all sectors of manufacturing

Workforce Development Institute
Macomb Community College
Michigan Technical Education Center
7900 Tank Avenue
Warren, MI 48092-3936

586.498.4100 • wdi@macomb.edu
www.macomb.edu/wdi

Macomb Community College's Economic and Workforce Development division is designed to deliver customized learning experiences, specialized business support services, and continuing education offerings that rapidly respond to business and community needs. The departments within Economic and Workforce Development are:

- Workforce Development Institute
- Center for Continuing Education
- Public Service Institute
- Procurement Technical Assistance Center (PTAC)

Learning opportunities and services available through Economic and Workforce Development demonstrate the continued commitment of Macomb Community College in supporting the community.

Macomb
Community College
Education • Enrichment • Economic Development

MACOMB UNIVERSITY CENTER

CENTRAL MICHIGAN UNIVERSITY 586-228-3160

- **Bachelor of Applied Arts in Administration with a concentration in Organizational, Industrial or Service Sector Administration**
- **Bachelor of Science in Administration with a concentration in Organizational, Industrial or Service Sector Administration**
- **Bachelor of Science in Community Development with a concentration in Public Administration or Health Sciences**

- **Master of Science in Administration with a concentration in Acquisitions Administration, General Administration, Health Services, Human Resources, Information Resource Management, Public Administration, International Administration or Leadership**

FERRIS STATE UNIVERSITY 866-387-9430

- **Bachelor of Science in Automotive Management**

MADONNA UNIVERSITY 586-263-6330

- **Bachelor of Science in Criminal Justice**
- **Bachelor of Science in Emergency Management**
- **Bachelor of Science in Hospitality Management**

MICHIGAN STATE UNIVERSITY 586-263-6731

- **Doctor of Osteopathy**

OAKLAND UNIVERSITY 586-263-6242

- **Bachelor of Arts in Communication**
- **Bachelor of Arts in Journalism**
- **Bachelor of Science in Business, concentration in Management**
- **Bachelor of Science in Computer Science**
- **Bachelor of Science in Computer, Electrical or Mechanical Engineering**
- **Bachelor of Science in Elementary Education**
- **Bachelor of Science in Human Resource Development**
- **Bachelor of Science in Occupational Health and Safety**

- **Master of Arts in Teaching, Reading & Language Arts**
- **Master of Arts in Counseling**
- **Master of Business Administration with concentrations (Weekend Courses)**
- Master of Education in Educational Studies

ROCHESTER COLLEGE 586-263-6288

- **Bachelor of Business Administration in Management**
- **Bachelor of Science in Counseling Psychology**
- **Bachelor of Science in Early Childhood Studies**
- **Bachelor of Science in Mass Communication**
- **Bachelor of Science in Organizational Leadership and Communication**

UNIVERSITY OF DETROIT MERCY 586-263-6308

- Bachelor of Arts in Financial Economics
- Bachelor of Science in Health Services Administration
- Bachelor of Science in Nursing

- Master of Arts in Economics
- Master of Arts in Financial Economics
- Master of Science in Health Services Administration
- Master of Science in Nursing in Health Systems Management

WALSH COLLEGE 586-723-1500

- Bachelor of Accountancy
- Bachelor of Business Administration with majors in Accounting Processes, Finance, General Business, Management or Marketing

- Master of Business Administration with specializations

WAYNE STATE UNIVERSITY 586-263-6700

- Bachelor of Arts in English
- Bachelor of Arts/Science in Elementary Education
- Bachelor of Arts in Public Relations
- Bachelor of Social Work
- Bachelor of Arts/Science in Secondary Education
- Post Baccalaureate Coursework for Secondary Education Certification

- Master of Education in Educational Leadership
- Master of Education in Special Education/Learning Disabilities
- Master of Library and Information Science
- Master of Social Work
- Post Graduate Education Specialist Certificate in Education Leadership

EXECUTIVE SUMMARY
2007 MACOMB UNIVERSITY CENTER STUDENT SURVEY

Purpose

The purposes of the 2007 University Center Student Survey are (1) to assess the extent to which students are involved in and satisfied with the programs, services, and activities of the University Center (UC) and (2) to ascertain student interest in future educational offerings. Both the partners and Macomb Community College review these results to identify areas for potential course, program, and service modifications to better meet student needs.

Findings

58.7% of students attended Macomb Community College and 66.1% live in Macomb County. 75.6% of students indicated that the programs offered at the UC are extremely helpful or very helpful in achieving their educational goals, 21.2% reported that programs are somewhat helpful and only 3.0% said programs were not helpful. 95.2% of students surveyed indicated that they would recommend the UC to others, 69.7% without any reservations. 79.7% of those who attended another university in the last five years rated their experience at the UC as better than the university or college previously attended. Furthermore, 83.6% indicated that they were satisfied or very satisfied with the time and day of their classes.

The mean credit hours per student jumped slightly to 6.7, up from 6.3 in 2005 and 5.7 in 2003. Location of the Center continued to be the most common reason for taking classes there. Further, the UC appears to be drawing the same proportion of new students, with 36.5% this year and 36% in 2005. Only 47.3% of this year's respondents took a class elsewhere, compared to 48% and 43% in 2003 and 2005, respectively. The mean rating of "Availability of classes" decreased from 3.96 in 2005 to 3.87 this year and the mean rating of "Quality of instruction" remains stable and quite high at 4.49 (5 = very good) this year and 4.54 in 2005.

A vast majority of students (75.5%) use the UC lounge areas, however students appear to be neither satisfied nor dissatisfied with availability and the quality of food and beverages in the lounge areas. The range of the mean satisfaction ratings is from 3.06 to 3.46 (3 = neutral, 4 = satisfied). More than half of the students (58.4%) reported that they never use the wireless internet services available at the UC, only 41.6% use it frequently or sometimes.

In general students continue to favor the idea of their university using the four alternative methods for delivery of education (doubling up on scheduling, on-line courses, lectures on videocassette or computer, and weekend classes). When asked about distance learning and tele-video conferencing, the majority of students reported never being exposed to them. However, students reported that they are likely to enroll in a distance learning course (45.3%) but many fewer students would do so with tele-conferencing as an interactive mode of delivery (36.7%).

Conclusion

Overall, most survey results were similar to those of previous studies. Students continued to express satisfaction with their UC experiences, and they continued to request additional course and program offerings.

UNIVERSITY CENTER SPACE CONFIGURATIONS

UC I, completed 1991, 72,000 square feet (approximately 15,000 square feet were converted to Executive Professional Development Center utilization in 2001)

- 13 General purpose classrooms
- 1 270 Seat auditorium (shared with EPDC)
- 3 Computer classroom/labs
- Student service, lounges, and study areas
- Administrative, support, and university partner offices
- Wireless Internet

UC II, completed 2000, 55,000 square feet

- 10 General purpose classrooms
- 10 Engineering, technology, and computer labs
- 4 Distance learning/interactive classrooms
- Technical support rooms
- Faculty offices and advising center as well as partner offices
- Student lounge and study areas
- Wireless Internet

Executive and Professional Development Center, completed 2001, 24,000 square feet (some space converted from UC I)

- 1 96 seat tiered, computer connected lecture hall
- 1 General assembly hall for lecture (300) or dining (200)
- 2 Teleconference centers
- 1 Distance leaning/interactive classroom
- 5 Flexible seminar/classrooms
- 2 Business and information centers
- Lounge and reception areas
- Kitchen facilities
- Administrative and technical support offices
- Wireless Internet

UC III, completed 2007, 40,000square feet

- 15 General purpose classrooms
- 3 Educational Labs
- Student lounge and study areas
- Wireless Internet

UC IV, In planning and construction to house Michigan State University School of Osteopathic Medicine

---

Summary: 176,000 Square feet of space
38 General purpose classrooms
5 Computer classrooms/labs
11 Laboratory classrooms
4 Distance learning/Interactive classrooms
47 Partner offices
Auditorium (270 seats)
Professional Development Center (see above)

THE MACOMB UNIVERSITY CENTER
CENTER FOR EXECUTIVE & PROFESSIONAL DEVELOPMENT

ACTIVITY SHEET
2007 / 2008

- **2001/2002 – 3,500 people attended 102 events**
- **2002/2003 – 6,800 people attended 145 events**
- **2003/2004 – 5,000 people attended 144 events**
- **2004/2005 – 8,100 people attended 218 events**
- **2005/2006 – 11,002 people attended 322 events**
- **2006/2007 – 11,185 people attended 300 events**
- **2007/2008 – 10,127 people attended 341 events**
- **Total events to date 1,572 – attracting 55,714 guests**
- **Total of 289 organizations scheduled 1,572 events**
- **Of these 289 organizations, 105 have utilized the facility on a multiple basis to date**

UNIVERSITY CENTER ENROLLMENT
FALL 2007 - WINTER 2008- SPRING/SUMMER 2008

FALL 2007	# OF SECTIONS	ENROLLMENT
CENTRAL MI	24	341
FERRIS STATE	1	16
LAWRENCE TECH	10	59
OAKLAND UNIVERSITY	62	1,332
ROCHESTER COLLEGE	24	306
U of D MERCY	15	132
WALSH COLLEGE	13	338
WAYNE STATE	37	674
TOTALS	186	3,198

WINTER 2008	# OF SECTIONS	ENROLLMENT
CENTRAL MI	21	360
FERRIS STATE	1	23
LAWRENCE TECH	8	37
OAKLAND UNIVERSITY	64	1,182
ROCHESTER COLLEGE	27	365
U of D MERCY	16	124
WALSH COLLEGE	13	252
WAYNE STATE	39	660
TOTALS	189	3,003

SPRING/SUMMER 2008	# OF SECTIONS	ENROLLMENT
CENTRAL MI	14	167
FERRIS STATE	1	26
LAWRENCE TECH	1	12
OAKLAND UNIVERSITY	43	734
ROCHESTER COLLEGE	26	281
U of D MERCY	6	69
WALSH COLLEGE	25	454
WAYNE STATE	16	283
TOTALS	132	2,026

THE UNIVERSITY CENTER

MACOMB COMMUNITY COLLEGE

CENTRAL MICHIGAN UNIVERSITY 586-228-3160

- Bachelor of Applied Arts in Administration with a concentration in Organizational, Industrial or Service Sector Administration
- Bachelor of Science in Administration with a concentration in Organizational, Industrial or Service Sector Administration
- Bachelor of Science in Community Development with a concentration in Public Administration or Health Sciences

- Master of Arts in Counseling
- Master of Science in Administration with a concentration in Acquisitions Administration,
  General Administration, Health Services, Human Resources, Information Resource Management, Public Administration, International Administration or Leadership

FERRIS STATE UNIVERSITY 866-387-9430

- Bachelor of Science in Automotive Management

LAWRENCE TECHNOLOGICAL UNIVERSITY 586-263-6695

- Bachelor of Science in Business Management with a concentration in Leadership, Entrepreneurship or Communication
- Bachelor of Science in Information Technology

- Master of Business Administration

MADONNA UNIVERSITY 586-263-6330

- Bachelor of Science in Criminal Justice
- Bachelor of Science in Emergency Management
- Bachelor of Science in Hospitality Management

OAKLAND UNIVERSITY 586-263-6242

- Bachelor of Arts in Communication
- Bachelor of Arts in Journalism
- Bachelor of Science in Business, concentration in Management
- Bachelor of Science in Computer Science
- Bachelor of Science in Computer, Electrical or Mechanical Engineering
- Bachelor of Science in Elementary Education
- Bachelor of Science in Human Resource Development
- Bachelor of Science in Occupational Health and Safety

- Master of Arts in Teaching, Reading & Language Arts
- Master of Arts in Counseling
- Master of Business Administration with concentrations (Weekend Courses)
- Master of Education in Educational Studies

ROCHESTER COLLEGE 586-263-6288

- Bachelor of Business Administration in Management
- Bachelor of Science in Organizational Leadership and Communication
- Bachelor of Science in Counseling Psychology
- Bachelor of Science in Early Childhood Studies

UNIVERSITY OF DETROIT MERCY 586-263-6308

- Bachelor of Arts in Financial Economics
- Bachelor of Science in Health Services Administration
- Bachelor of Science in Nursing

- Master of Arts in Economics
- Master of Arts in Financial Economics
- Master of Science in Health Services Administration
- Master of Science in Nursing in Health Systems Management

WALSH COLLEGE 586-723-1500

- Bachelor of Accountancy
- Bachelor of Business Administration with majors in Accounting Processes, Finance, General Business, Management or Marketing

- Master of Business Administration with specializations

WAYNE STATE UNIVERSITY 586-263-6700

- Bachelor of Arts in English
- Bachelor of Arts/Science in Elementary Education
- Bachelor of Arts in Public Relations
- Bachelor of Science in Engineering Technology
- Bachelor of Social Work
- Bachelor of Arts/Science in Secondary Education
- Post Baccalaureate Coursework for Secondary Education Certification

- Master of Education in Educational Leadership
- Master of Education in Special Education/Learning Disabilities
- Master of Library and Information Science
- Master of Social Work
- Post Graduate Education Specialist Certificate in Education Leadership

Macomb Community College Responses to
MACOMB COUNTY HIGHER EDUCATION QUESTIONNAIRE
May 13, 2009

1. STUDENTS

1. Total number of enrolled students	**23,149**
a. Percent of Full-Time Students	**38.5%**
b. Percent of Part-Time Students	**61.5%**
c. Average age of a student attending MCC	**25.6 (median = 21)**
d. Any other relevant demographic information	**See presentation**

2. UNDERGRADUATE PARTNERSHIPS

Briefly detail any undergraduate partnerships that MCC has to further the higher education of Macomb County residents. **We have over 60 articulation agreements with 20 senior colleges and universities. Our most popular transfer programs are Business Administration, Elementary Education, Engineering, and Psychology. The most popular transfer destinations are Wayne State, Oakland University and Walsh College. See presentation for highlights of Wayne Direct and M2O.**

3. GRADUATE PARTNERSHIPS

Briefly detail any graduate partnerships that MCC has to further the higher education of Macomb County residents. **Graduate partnerships are usually between baccalaureate degree granting institutions and graduate institutions. However, we are about to sign a ground-breaking articulation with Saginaw Valley State University which allows our Associate of Applied Science graduates in the Occupational Therapy Assistant program to transfer to Saginaw Valley and earn a Master of Science in Occupational Therapy. See Presentation for Walsh College's Honors Fast Track Program to an MBA.**

4. STATE FUNDING (in 2008-09)

1. What total state appropriation does your university receive annually? **$31.1 million**
2. What percentage of that appropriation comprises your whole budget? **25%**
3. What is the total portion of that budget your college spends in Macomb County?
   Estimated distribution of $125 million budget:
   10% to Federal Government for income and payroll taxes
   8% to Lansing for state income tax and retirement
   10% on out of county vendors
   72% spent in Macomb County
4. What percentage of your Macomb County budget is spent on capital costs? **7%**
5. What percentage of your Macomb County budget is spent on operating costs? **93%**
6. Please provide information about any recent investments or initiatives in Macomb County. **See attached list. Major recent initiatives include MSU College of Osteopathic Medicine at the University Center (under construction) and Wayne State Advanced Technology Center, south campus (in planning stage).**

Macomb Community College Responses to
MACOMB COUNTY HIGHER EDUCATION QUESTIONNAIRE
May 13, 2009

5. DEGREE PROGRAMS

1. Please list degree program that are offered in Macomb County. **All degree programs are offered in Macomb County.**

6. UNIVERSITY CENTER

1) Present an overview of the University Center **See Presentation and University Center tabs.**

7. FACULTY AND STAFF

1. Total number of employees	**2,043**
2. Percentage of employees living in Macomb County	**1,420**
3. Total number of academic faculty	**1,038**
4. Percentage of faculty living in Macomb County	**55%**
• Full-time	**52%**
• Part-time	**56%**
*. COMMENTS: Please share any additional comments. **70% of Macomb Community College employees live in Macomb County.**	

THE CHRONICLE OF HIGHER EDUCATION

Money & Management

http://chronicle.com/free/v55/i35/35a00102.htm

From the issue dated May 8, 2009

As the Auto Industry Shrinks, a Community College Retools

By KARIN FISCHER

In 1954, Chrysler introduced its "newest, smoothest" ride, the Dodge Royal sedan, which rolled off the assembly line with a glossy two-tone paint job and state-of-the-art V-8 engine. That same year, just northeast of Detroit, Macomb Community College opened its doors, with a mission to prepare the vehicle designers, auto-parts makers, and mechanics who kept Motor City running.

Today the American auto industry has stalled. Only an infusion of federal bailout funds has, thus far, saved two of the Big Three automakers. Motor-vehicle-manufacturing jobs in Michigan, long a backbone of the state's economy, plunged 30 percent in the last year alone.

Community colleges across the country are being asked to educate more students with less money, but the sudden collapse of the carmaking sector has compounded the stresses of the current economic slump on Macomb. "We're sort of a poster child for how bad it can get," says James Jacobs, the college's president.

While Macomb is a comprehensive college, with a variety of degrees and certificates, it has been, in essence, Chrysler's community college, building a strength in automotives that, Mr. Jacobs says, is "narrow and deep." Now the college must reinvent itself somewhat, retooling its automotive expertise to educate students in fields where jobs are more plentiful, like advanced manufacturing, automated systems, and even graphic design.

Macomb is linking with universities to offer bachelor's degrees as well as setting up several not-for-credit vocational programs to move workers into positions, such as nursing-home aide and administrative assistant, that promise a paycheck, albeit not a generous one.

Still, with unemployment rates in Detroit and its suburbs at 14 percent, the highest of any major metropolitan area, Macomb faces the prospect of preparing a work force for whom there is no work. "Frankly, there is no magic bullet," says James Sawyer, vice provost for career programs. "We're taking a calculated risk."

For one, Macomb officials are gambling on the emergence of a refashioned, greener car industry, and they are trying to encourage such a shift by working to be a hub for training in electric and hybrid fuel-cell technology.

Economic-development experts say community colleges can be a pivotal partner in efforts to "recast" a local economy when a once-dominant employer falters. "They have the ability to help move a region in a different direction," says James F. McKenney, vice president for economic

development at the American Association of Community Colleges. "But that doesn't mean it isn't painful."

Reinventing Themselves

Elsewhere, regional economies have taken what Mr. McKenney calls "solar-plexus punches," reeled, and then found a new footing, with assists from local community colleges. Pittsburgh, long synonymous with steel, now counts education and health care, which typically have been more resistant to downturns, as two of its largest employers. A primary supplier of the region's radiological technicians, respiratory therapists, and medical assistants is the Community College of Allegheny County. Allegheny also produces 500 registered nurses a year, more than almost any other community college in the country.

North Carolina turned to biotechnology as its three traditional industries — tobacco, textiles, and furniture-making — weakened. To ready laboratory technicians and biomanufacturing-plant workers, the community-college system created a statewide "BioNetwork" to coordinate specialized training and curricula. Today, North Carolina accounts for 10 percent of the biotech jobs nationwide.

"The beauty of community colleges is that we can turn on a dime," says H. Martin Lancaster, who recently retired as president of the North Carolina Community College system. "By the time a university gets a building built, we can train a work force."

Nationally, there is a growing recognition of the critical role community colleges can play in economic recovery. The economic-stimulus bill signed by President Obama earlier this year called on community colleges to help deliver $3.95-billion in job training.

But Mr. Jacobs, the Macomb president, says his college — and his community — can't afford to wait for stimulus dollars. About 27,000 people filed for unemployment in Macomb County and its smaller neighbor, St. Clair County, during the first 11 weeks of 2009, says John H. Bierbusse, director of the local office of Michigan Works!, a government agency for work-force development. That is triple the number who registered for benefits during the same period a year earlier.

A Complementary Curriculum

Times, however, were once very good in the backyard of the world's carmaking capital. Motor-vehicle plants ate up vast acreage in the county, fed by a capillary-like web of nearby auto-parts suppliers. General Motors located its technical center, an Eero Saarinen-designed building dubbed the "Versailles of Industry" and the hub for its design and research work, in the city of Warren, just a mile from one of Macomb's four campuses. Even the U.S. Army established its tank command there, to be close to automotive know-how.

At one time, a third of Macomb County's labor force worked in automobile or related industries. Just a half-dozen other counties nationwide are so dominated by a single manufacturing sector, says Mr. Jacobs, who is a national expert on work-force development.

From its origins, Macomb Community College was a direct channel into the car industry. At the height of Detroit's market dominance, 70 percent of apprentices for Chrysler got instruction as machinists, electricians, and sheet-metal workers at Macomb, Mr. Jacobs says. The college was the principal training ground for auto-body designers at the GM tech center and enrolled as many as 1,000 students in the program annually. (The number now is below 300.)

As automakers innovated, so did Macomb. Early automotive-design students, for instance, worked with T squares and straight edges, but as such work became computerized, Macomb changed its instruction, even purchasing the proprietary computer systems used by each major manufacturer.

To an extent, Macomb is still adapting its curriculum to complement, and even encourage, advances in the car industry. Some 1,700 people have received training on hybrid-electric vehicles through the college's three-year-old Center for Alternative Fuels, including mechanics and emergency personnel who risk electrocution if they improperly respond to a crash of one of the vehicles.

The U.S. Army Tacom Life Cycle Management Command, which is located in the county and manages the service's ground-vehicle fleet, contracts with Macomb to provide highly specialized instruction in maintaining and repairing military trucks, tanks, and weapons systems.

But, increasingly, the college is applying the depth of its manufacturing expertise to the development of programs outside of the automotive sector. Its new program in mechatronics, for example, combines mechanics, electronics, and computer technology to prepare students to program, troubleshoot, and operate highly automated machinery. Graduates will be ready for jobs in a variety of mechanized industries, including food processing, pharmaceuticals, and mail handling, says Arthur W. Knapp, a professor and a creator of the program.

A key role community colleges can play in economic transitions is to identify the correlations in skills between disappearing jobs and emerging industries, says Julian L. Alssid, executive director of the Workforce Strategy Center, a think tank in New York. Assembly-line jobs, he points out, have a lot in common with quality-control work in biotechnology. "You need someone who understands the opportunities," he says.

An Unclear Economic Picture

In the brand-new mechatronics classroom, Mr. Knapp's students cluster in small groups around seven high-tech stations to get hands-on training in robotics, sensors, and valves. One machine, on which students learn about gears and pulleys, is the size of a refrigerator and far louder. Sometimes, in the thick of the four-hour class period, it can seem like "organized chaos," Mr. Knapp says.

Such equipment costs money, of course. Macomb spent about $1-million renovating two mechatronics laboratories, Mr. Knapp says. The college paid another $1-million to refurbish a building that will serve as the site for its noncredit certified-nursing-assistant program, says Donald Ritzenhein, provost and chief learning officer. Updating the skills of instructors like Mr. Knapp, who is a professor of electronic technology, has a price as well.

Macomb officials say they carefully weigh the costs of new programs but that, thus far, no effort that has advanced in its planning has been halted because of lack of funds. In fact, Macomb trustees recently voted to hold tuition at $72 per credit hour, in part because increased enrollment, to a degree due to worker-retraining programs, has brought in additional revenue from tuition. The college has also had some success in winning grants to cover some of the expense, such as $450,000 from the National Science Foundation for its work on alternative fuels and advanced automotive technology.

For all Macomb's efforts at innovation, the job picture remains uncertain. When Mr. Knapp and his colleagues were designing the mechatronics program two years ago, local employers were enthusiastic. Now he is unsure whether he will be able to find internships for his first class of students, who are finishing up the second of three semesters.

"It's scary," he says, adding that he tells his students, many of whom are unemployed autoworkers, "This is investing in your future. I'm not promising you a job."

Mr. Bierbusse, the local workforce-development director, says nearly 1,000 students have enrolled at Macomb over the last year and a half through Michigan's No Worker Left Behind program, which provides up to two years of free training or college tuition. But many dislocated workers are staying away from manufacturing-related courses, he says.

In fact, the college initially had trouble filling its advanced-manufacturing boot camp, an intensive six-week, eight-hour-a-day course in computer-operated machining, meant for laid-off workers whose experience was on manual equipment. Despite the rocky start and the bumpy economic climate, six of seven students have already found work since the end of the first course, in early March.

Emil Peterson is one of the successful boot-camp graduates. Now 54 years old, Mr. Peterson had worked as a tool-and-die maker since he was 18, eventually opening his own shop. But in 2006, he was forced out of business when his major customer, an auto-parts supplier, declared bankruptcy, leaving $98,000 in unpaid bills. Unable to find work, Mr. Peterson fell behind on his own payments and his home went into foreclosure; the bank seized an account he jointly held with his 84-year-old mother to cover a line of credit on which he had defaulted.

Even before the end of the boot camp, Mr. Peterson, who went through a Macomb apprenticeship program more than three decades earlier, had a job offer from DieTronik, a subsidiary of a major multinational auto-parts maker, American Axle & Manufacturing. He considers himself lucky to have work, although the job pays $9 less an hour than he once earned. And he admits some trepidation about once again working in the auto industry.

"Absolutely, I'm concerned," Mr. Peterson says. "But I'm 54 years old. What are my options?"

Career Goals

Other dislocated workers, though, are steering clear of auto-related course work. Thomas Marciano spent 34 years in the auto industry, but after going through his second plant closure, he passed on the offer of a transfer and instead used his job-training benefits to enroll in a two-year accounting program at Macomb. "I wanted something completely different," he says. "I think accounting is a pretty stable field."

Health care also is a popular choice. Some 1,155 students enrolled in for-credit health-care programs during the most recent term. Macomb recently increased the size of its nursing program by a third, to 160 students a year, but Mr. Ritzenhein, the provost, says waiting lists remain in nursing and in several other health-care programs.

The reason for the appeal is simple. John C. Austin, a scholar at the Brookings Institution and director of the New Economy Initiative for Southeast Michigan, a philanthropic effort, notes that even in the down economy, the local nursing shortage is so acute that the Detroit area has imported 5,000 nurses from Canada.

Although No Worker Left Behind, the job-training program, covers two years of tuition, many participants opt against seeking degrees. With mortgages, tuition, and medical bills, many feel they must get back into the workplace. In response, Macomb has created more short-term training programs, in areas like home health care and secretarial work, to "get people on the payroll," says Mr. Jacobs, the president. "These jobs aren't high paying, but they're there."

Still, Mr. Jacobs argues that preparing for an immediate job shouldn't be an end unto itself. Even Macomb's noncredit training programs incorporate foundational skills, like mathematics and reading comprehension, that could help students return and take up college-level course work.

Macomb officials also are trying to reach out to the roughly 70,000 working adults in the county who have some college experience. And they are building stronger partnerships with nearby four-year institutions, like Wayne State and Oakland Universities, to better align degree programs and to allow students to concurrently enroll.

Such efforts, Mr. Jacobs says, will be important to the region's long-term economic vitality. "The purpose of a community college is not just to get people jobs," he says, "but to get people careers."

RECYCLABLE
PAPER

Employment Services Registrations

DATE	2008	2009
1st Week of Year	720	2,705
2nd Week	877	3,488
3rd Week	1,050	2,931
4th Week	812	2,500
5th Week	755	2,504
6th Week	781	2,245
7th Week	802	2,338
8th Week	698	1,958
9th Week	710	2,203
10th Week	832	2,230
11th Week	900	2,015
12th Week	842	1,954
13th Week	854	1,940
14th Week	898	2,067
15th Week	959	2,146
16th Week	922	2,261
17th Week	841	2,441
18th Week	850	2,289
19th Week	852	2,661
TOTAL	**15,955**	**44,876**

281% INCREASE IN REGISTRATIONS

5/2009 revised

Distributed
5-13-09

UNEMPLOYMENT INFORMATION

	March 2008	March 2009
United States	5.1 %	9 %
Michigan	7.9 %	13.4 %
Macomb County	7.9 %	15.0%
Selected Cities		
Sterling Heights	6.0 %	11.7 %
St. Clair Shores	8.3 %	15.8 %
Clinton Township	8.8 %	16.6 %
Warren	9.2 %	17.3 %
Roseville	11.1 %	20.5 %

5/2009

Automotive
Career Transition Center

Services to be provided:

- Assessment
  - Basic Skills
  - Interests
  - Aptitude
  - Occupational Skills
  - Transitional Skills
  - Career Counseling including labor market information

- Resume Preparation including cover letter and thank you letter professionally developed

- Workshops/Seminars
  - Resume Writing
  - Interviewing
  - Networking
  - Job Search Techniques
  - Marketing Yourself
  - Family Budgeting
  - Stress Management
  - Time Management
  - Other Topics as determined or needed
  - Parenting
  - Money Management
  - Communication Skills
  - Human Relations
  - Customer Service
  - Career Portfolio
  - Conflict Resolution
  - Team Work

- Job Development/Leads/Placement
  - Job Matching
  - Job Club
  - Resource/Library Room
  - Job Fairs

- Retraining
  - Basic Skills/GED Preparation (on site)
  - Occupational Skills
  - Entrepreneur
  - Career Ladders
  - Case Management

Space Needs:

- 6 Classrooms
  - 1 Basic Skills/GED Preparation (larger classroom than Chrysler Career Transition Center)
  - 1 Resource /Library Room (larger classroom than Chrysler Career Transition Center)
  - 3 Classrooms for Workshops/Seminars
  - 1 Job Club/Placement (larger classroom than Chrysler Career Transition Center)

- 37 Offices/Staffing – Could be area for modular furniture
  - 3 Customer Service Representatives (Orientation to Services)
  - 8 Peer to Peer (Outreach to employees)
  - 5 Job Developers/Placement Specialists
  - 15 Case Managers/Career Counselors
  - 3 Workshop/Seminar Presenters
  - 2 Receptionists/Clerical
  - 1 Coordinator/Director Michigan Works

Macomb/St. Clair Michigan Works would rent space from UAW Chrysler Training Center to operate the Career Transition Center. This cost would include space, utilities, renting of any equipment provided by the center. The Center would be jointly operated by the UAW-Chrysler Technology Training Center and the Macomb/St. Clair Workforce Development Board.

Staffing of the Career Transition Center would be through a combination of UAW Chrysler selecting staff, contracting with other agencies and Michigan Works staff.

This agreement would be for a two year period with the option of continuing the Career Transition Center as determined by need.

Equipment not provided by the center would be purchased by Macomb/St. Clair Workforce Development Board.

Chrysler
Career Transition Center

Services to be provided:

- Assessment
  - Basic Skills
  - Interests
  - Aptitude
  - Occupational Skills
  - Transitional Skills
  - Career Counseling including labor market information

- Resume Preparation including cover letter and thank you letter professionally developed

- Workshops/Seminars
  - Resume Writing
  - Interviewing
  - Networking
  - Job Search Techniques
  - Marketing Yourself
  - Family Budgeting
  - Stress Management
  - Time Management
  - Other Topics as determined or needed
  - Parenting
  - Money Management
  - Communication Skills
  - Human Relations
  - Customer Service
  - Career Portfolio
  - Conflict Resolution
  - Team Work

- Job Development/Leads/Placement
  - Job Matching
  - Job Club
  - Resource/Library Room
  - Job Fairs

- Retraining
  - Basic Skills/GED Preparation (on site)
  - Occupational Skills
  - Entrepreneur
  - Career Ladders
  - Case Management

Space Needs:

- 5 Classrooms
  - 1 Basic Skills/GED Preparation
  - 1 Resource /Library Room
  - 2 Classrooms for Workshops/Seminars
  - 1 Job Club/Placement

- 20 Offices/Staffing – Could be area for modular furniture
  - 2 Customer Service Representatives (Orientation to Services)
  - 3 Peer to Peer (Outreach to employees)
  - 3 Job Developers/Placement Specialists
  - 7 Case Managers/Career Counselors
  - 2 Workshop/Seminar Presenters
  - 2 Receptionists/Clerical
  - 1 Coordinator/Director Michigan Works

Macomb/St. Clair Michigan Works would rent space from UAW Chrysler Training Center to operate the Career Transition Center. This cost would include space, utilities, renting of any equipment provided by the center. The Center would be jointly operated by the UAW-Chrysler Technology Training Center and the Macomb/St. Clair Workforce Development Board.

Staffing of the Career Transition Center would be through a combination of UAW Chrysler selecting staff, contracting with other agencies and Michigan Works staff.

This agreement would be for a two year period with the option of continuing the Career Transition Center as determined by need.

Equipment not provided by the center would be purchased by Macomb/St. Clair Workforce Development Board.

RECYCLABLE
PAPER

RESOLUTION NO.

FULL BOARD MEETING DATE

AGENDA ITEM:

MACOMB COUNTY, MICHIGAN

RESOLUTION TO Authorize Macomb MSU Extension to receive $13,200 from the Michigan Department of Community Health on behalf of Macomb County to implement renewal of Project Fresh from June 1, 2009 through October 31, 2009.

INTRODUCED BY: David Flynn, Chairman
Education and Training Committee

Project Fresh provides participants in the Special Supplemental Food Program for Women, Infants and Children (WIC) coupons to purchase fresh fruits and vegetables at local farmers markets. Project Fresh will allow approximately 660 low-income Macomb County families to supplement their food budget with $20 in coupons for fresh produce, and will enhance the sales of approximately 25 farmers at the Mount Clemens Farmers Market. The program will be jointly implemented by MSU Extension and the Macomb WIC from June 1 through October 31, 2009.

The typical American diet is low in fruits and vegetables. Fruits and vegetables are low in fat and calories and good sources of Vitamin A, Vitamin C, fiber and a variety of health-promoting substances called phytochemicals. Eating a healthy diet is one of the single most important personal choices influencing long term health. The Expanded Food and Nutrition Education Program staff of MSU Extension will provide the WIC families with nutrition education in the purchase, storage, use and preservation of fresh produce.

The WIC Farmers' Market Nutrition Program (Project Fresh) is funded jointly by the Michigan Department of Community Health, and the United States Department of Agriculture. The Michigan Department of Community Health, and the Michigan State University Extension Expanded Food and Nutrition Education Program jointly administer the program.

COMMITTEE MEETING DATE

Education and Training 5/13/09

_____

_____

RECYCLABLE
PAPER

RESOLUTION NO._____ FULL BOARD MEETING DATE:_____

AGENDA ITEM:

MACOMB COUNTY, MICHIGAN

RESOLUTION Authorize Macomb MSU Extension to receive $25,000 from local schools, community organizations and the MSU Extension to support the Great Lakes Education Program from January 1, 2009, until funds are fully expended.

INTRODUCED BY: David Flynn, Chairman
Education and Training Committee

This program provides 4th – 6th grade classes with water quality activities through educational classroom and field experiences. This money will provide partial support to the Macomb County classes that will be participating in the spring and fall of 2009.

The dollars will be used to provide administrative support to Macomb MSU Extension for program development, expansion and will contribute toward making this program self-supporting.

COMMITTEE MEETING DATE

Education and Training 5/13/09

_____

_____

RECYCLABLE
PAPER

MICHIGAN STATE UNIVERSITY EXTENSION
MACOMB COUNTY
BOARD OF COMMISSIONERS

MACOMB COUNTY 1818 MICHIGAN

Education & Training Committee

Macomb County MSU Extension
Director's Report
May 13, 2009

Programming Update:

Mentoring with Macomb County Brochure

Clinton River Spillway Bike Path Project Flyer

Money Smart from the Start Flyer

Save Water, Save Money Flyer

Living With Less Flyer

Healthy Bites newsletter (available online at http://www.macombcountymi.gov/msuextension/healthy_bites.htm)

Electronic Media

Facing Foreclosure program with Macomb Township Cable (view online at http://www.youtube.com/watch?v=jd1fYGrHD7o&feature=channel_page)

Shot a foreclosure news story with Warren TV

MSU Extension is bringing knowledge to life...

distributed 5-13-09

Do you want to share what you've learned through your valuable life experiences?

Intended outcomes:

- Youth are diverted from the Juvenile Court and/or Social Services systems
- Youth demonstrate progress in achieving stated goals
- Youth have improved self-esteem and self discipline
- Youth and mentors report a positive, rewarding experience

When I'm with my mentor, I feel that there is an adult who cares about me; I feel important.

- Youth

Get Involved

Getting involved is easy and rewarding. If you would like to find out more information on how to become a mentor, contact the youth mentor staff!

Mentoring in Macomb County

Macomb County MSU Extension
4-H Youth Mentor Program
21885 Dunham Road, Suite 12
Clinton Township, MI 48036
(586) 469-5979
(586) 469-6948 fax
www.msue.msu.edu/macomb
Jan.Gwozdz@macombcountymi.gov

MICHIGAN STATE UNIVERSITY EXTENSION
MACOMB COUNTY
BOARD OF COMMISSIONERS

4-H Mentoring Program

MSUE 4-H youth mentors are carefully recruited, screened and trained adults who volunteer to work with young people. Prospective mentors are required to attend mentor training, followed by background checks (which includes a Protective Services check, State Police clearance and Driving Record check). They also participate in a personal interview and provide three written references.

4-H Mentoring Program

Get involved.
Make a difference.
Be a mentor.

4-H Youth Mentor Program

Both youth and mentors benefit from the program.

The mission of the MSU Extension 4-H Youth Mentor Program is to provide at-risk youth of Macomb County with a one-on-one, professionally supported relationship with caring adult volunteers.

The Mentor Program focuses on meeting youth's basic developmental needs through mentoring and life skills training. This helps divert youth from costly levels of care and intervention.

The Mentors

A volunteer adult mentor:

- Meets with youth for a minimum of one hour per week.
- Meets for a minimum of six months and up to a year.
- Commits to providing youth with one-on-one support and guidance.
- Initiates educational and recreational activities while helping the youth achieve individual goals.
- Attends monthly Group Support Meetings to share experiences.

Mentor Training

Mentor training is available every month. The three sessions include:

Training I: *Introduction, Policies and Procedures, Mentoring and Activities.*

Training II: *Adolescent Development and Adolescent Issues, Self-Esteem.*

Training III: *Communication, Problem Solving and Additional Resources.*

The Youth

Youth accepted into the 4-H Youth Mentor Program are:

- Male or female aged 10-16.
- Macomb County residents.

The youth are referred by:

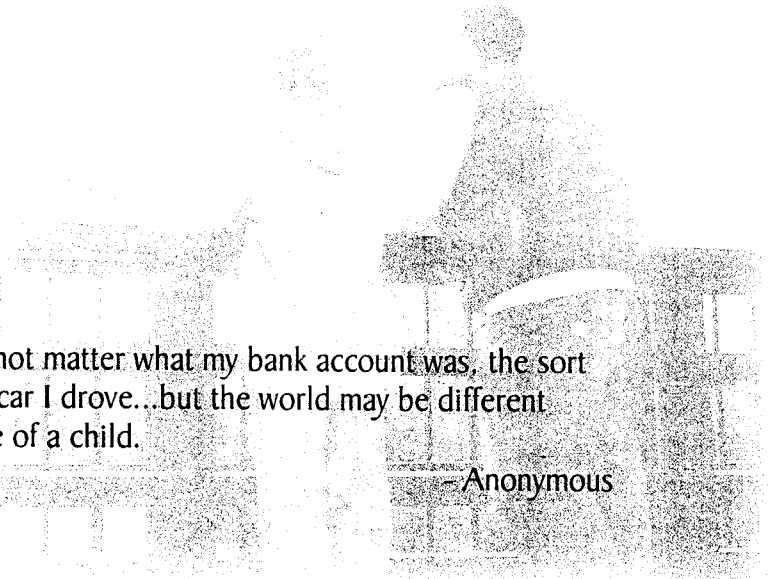
Macomb County Circuit Court/ Juvenile Division: Probation or Prevention Staff

Macomb County Juvenile Drug Court

Macomb Department of Human Services: Prevention, Protective Services or Foster Care Staff

Life Skills Training

The Mentor Program involves mentors and youth in Life Skills Trainings for improving such skills as: communication and social interactions, financial management, food preparation, health and hygiene and much more.



A hundred years from now it will not matter what my bank account was, the sort of house I lived in, or the kind of car I drove...but the world may be different because I was important in the life of a child.

–Anonymous

Get involved...call 586-469-5979 for more information.

MICHIGAN STATE UNIVERSITY EXTENSION
MACOMB COUNTY
BOARD OF COMMISSIONERS

Living with Less

Adjusting to the Sudden Loss of Income

"You can't change a situation, change the way you think about it."

By attending **Living With Less**, you will learn:

- Recognize the grief over the loss
- Reassess how money will be used
- Developing and maintaining a spending plan
- Managing disagreements

When: Tuesday June 2, 2009
1:00 – 4:00p

Where: **Sacred Heart Education Building**
18430 Utica Rd.
Roseville, MI 48066

Presented by:
Debra Studebaker, Educator

To Register Call:

469-7614

This class is being offered **free of charge!**

** adapted from Adjusting to the Sudden Loss of Income, University of Minnesota*

Embrace a whole or

United Way

United Way
for Southeastern Michigan

Michigan State University Extension, Master Gardeners
Macomb County Public Works
And the Charter Township of Clinton

Invite you to participate in the:

Clinton River Spillway Bike Path Project

An award winning volunteer effort to beautify, enhance and protect the environment

2009 Project Days

Saturday, May 16	***Saturday, July 18***	***Saturday, Sept. 19***
Spring cleaning & planting Co-sponsored with Clinton River Watershed Council "River Day"	Summer maintenance	**Fall clean-up & plant division** Co-sponsored with Clinton River Watershed Council "River Clean up"

Time:	The schedule for all 3 workdays is: 8 am- registration, 8:30 - education, 9:30 to 3:30 –gardening/cleanup.
Location:	Northwest corner of Harper and Wellington Crescent in Clinton Township.
Bring:	Weeders, rakes, shovels, pruners, sunscreen and smiles!
Contact:	Sandra Richards, MSUE (586)469-6440

Students can receive community service credits!

For more project info: www.macombcountymi.gov/msuextension/mgbikepathproject.htm
For free environmental education programs contact- Macomb County Public Works: (586)466-4016
For the Clinton River Watershed Council "River Day" and "River Cleanup" project info: www.crwc.org

Registration Form

Name: _____ Master Gardener? ____Y ____N

Mailing Address: _____ city_____ zip_____

Telephone: ( ) _____ E-mail Address: _____

Teacher or Student? _____ School Name: _____

Community Service Project Name_____

I want to register for the: _____ Spring _____ Summer _____ Fall Project

I agree to work on this project at my own risk and to hold all organizing parties and local authorities harmless:

Signature:_____ Date:_____

Guardian Signature (if under 18):_____ Date:_____

Mail to:
MSUE/Bikepath Project
21885 Dunham Road,
Suite 12
Clinton Township 48036
Or
bring with you on project day.

MICHIGAN STATE UNIVERSITY EXTENSION
MACOMB COUNTY
BOARD OF COMMISSIONERS

Introducing a new FREE class offered by Macomb MSU Extension!

Money Smart from the Start

Would you like to teach your child about Saving and Spending? This free parent education session will give you the tools you need to teach your child ages 3-8 the ins and outs of MONEY!

Thursday, May 21, 2009

6:00 - 8:30 p.m.

MSU Extension - Macomb

21885 Dunham Road - Door E

(rear of the building - look for the satellite dish)

Clinton Township, MI 48036

See map and directions on back!

Presented by: Jean Lakin, Extension Educator
Family Programs

Parents only, child care is not available for this session.

please call:
586-469-7614

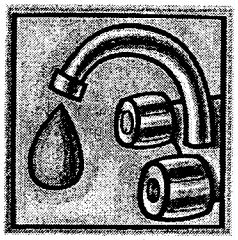
FCS Family & Consumer Sciences

Funded in part, or in whole, by:

United Way
United Way for Southeastern Michigan

MICHIGAN STATE UNIVERSITY EXTENSION
MACOMB COUNTY
BOARD OF COMMISSIONERS

$ave Water – $ave Money!



Join us for a presentation on indoor and outdoor water conservation. Learn ways preserve our valuable natural resources and to save money on water and energy bills.

Date: Tuesday, June 2, 2009
Time: 7 – 8:30p.m.
Place: Macomb MSU Extension, Assembly Room B
21885 Dunham Rd.
Clinton Township, MI 48036
Use Entrance E at rear of building
(look for the Satellite dish)

Please register by calling Mickie at 586-469-6430

This presentation is available to interested groups and organizations. Contact Mary Gerstenberger at 586-469-6430 for further information or to schedule a presentation.

MICHIGAN STATE UNIVERSITY EXTENSION
MACOMB COUNTY
BOARD OF COMMISSIONERS

Healthy Bites

Information to Improve the Selection and use of Foods In Your Home

Spring 2009 - Vol. 2

Don't Let Unintended Guests Spoil Your Picnic

Tips for Safe Outdoor Eating:

The sunny days of summer bring hot temperatures and outdoor gatherings. It's also time of increased risk of food poisoning. While most Americans realize that May through September poses the biggest threat of food borne illness, surveys show that consumers are not practicing correct outdoor food safety procedures.

So, before you pack the picnic basket, remember these simple tips to ensure that unwanted bacteria won't have a place at your table.

a

Wash Hands Often:

Bring moist towelettes or soap and water to clean your hands and surfaces often.

Keep Raw Meats and Ready-to-Eat Foods Separate:

Bring extra plates - one for handling raw foods and another for cooked foods to prevent cross-contamination.

Marinate foods in the refrigerator. Don't reuse marinade used on raw meat or poultry unless boiled.

Cook to Proper Temperatures:

Cook your favorite foods to the right temperature by using a meat thermometer; hamburger to at least 160° F and chicken breasts to 170° F. Never partially grill meat or poultry to finish cooking later.

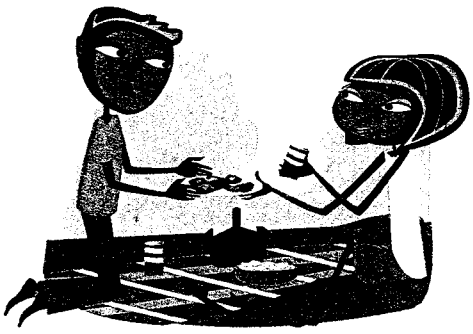
Refrigerate Promptly below 40° F:

Pack food in a well-insulated cooler with plenty of ice or icepacks to keep temperature below 40° F.

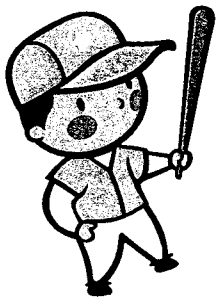
Transport the cooler in the back seat of your air-conditioned car instead of in your hot trunk.

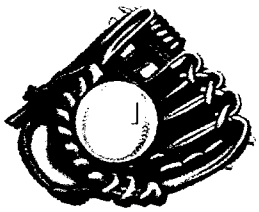
Remove from the cooler only the amount of raw meat that will fit on the grill.

Defrost meat, poultry and seafood in the refrigerator before taking them to the grill. Don't leave food outside hot weather (90° F or above) for more than one hour. Source: Family Time



Take Me Out to the Ball Game!





Baseball season has started and while an afternoon of hot dogs and other snacks at the park probably won't knock your healthful eating plan over the fences, you can locate healthful food options at just about any park, from the majors to your kids' neighborhood little league field.

Check out all your options, rather than grabbing the first thing you see. Take a walk around the park (good exercise) and investigate all the food selections. Ballparks from coast to coast now offer healthier items from snacks to entrees, including low-fat or non-fat treats like pretzels, lemon ices, frozen yogurt, turkey wraps, fresh fruit and sushi.

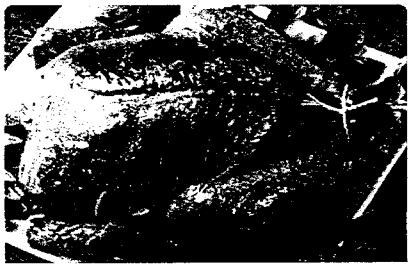
Can't resist a hot dog? Not a problem; have some fresh fruit, vegetables and whole grains when you get home.

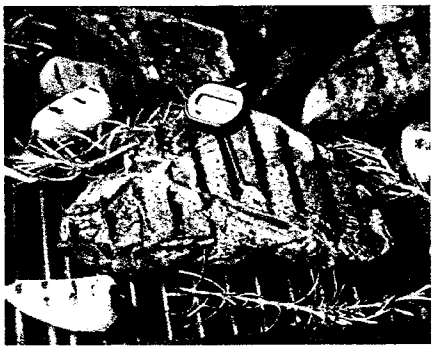
Source American Dietetic Association

Safe, Minimum Internal Temperatures

Whole poultry 165 °F
Poultry breasts 165 °F
Ground poultry 165 °F
Hamburgers, beef 160 °F
Beef, veal, and lamb
(steak, roasts and chops)
Medium rare 145 °F
Medium 160 °F
All cuts of pork 160 °

Source : USDA





Healthful Eating ... Food **Labels** Help!

Supermarkets sell thousands of foods. How do you make healthful choices for everyone in your family? Sometimes it seems overwhelming! The Nutrition Facts label can help you. It is easy to use, even when your shopping trip is hectic.

The Nutrition Facts labels tell you the Serving Size, calories (or food energy), and nutrients in one Serving of food inside the package. Look for the nutrition information in the store near fresh fruit, vegetables, meat, poultry, or fish, too.

- Be in control – and buy the best foods for your family.
- See how calories (food energy) and nutrients change with bigger or smaller servings.
- Compare the % Daily Values in similar foods.

READ IT *before you EAT IT!*

How many servings are you eating?

Calories in one Serving
For two Servings, double the calories. Pay attention to choose foods for a healthy weight.

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving	
Calories 250	Calories from Fat 110
	% Daily Value*
Total Fat 12g	**18%**
Saturated Fat 3g	**15%**
Trans Fat 0g	
Cholesterol 30mg	**10%**
Sodium 470mg	**20%**
Total Carbohydrate 31g	**10%**
Dietary Fiber 0g	**0%**
Sugars 5g	
Protein 5g	

Vitamin A	4%	• Vitamin C	2%
Calcium	20%	• Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

% Daily Value (%DV)
%DV is the amount of a nutrient in one Serving compared to dietary recommendations.

Get LESS
5% or less is low
20% or more is high

Get ENOUGH
5% or less is low
20% or more is high

What's the Best Choice for You?

Use the 5%–20% Guide to Daily Values to choose foods.

Source: USDA

Summertime & Strawberries: Pick Your Own!

June is the beginning of strawberry season in Michigan! Along with strawberry season comes warmer weather, long afternoons, cool dips into the pool, summer vacations, and eating good food. Summer and strawberries just go together! Beginning in June, stock up on fresh strawberries and enjoy the best part of summer.

The strawberry season for Michigan starts in early June in the Lower Peninsula and ends in late July in the Upper Peninsula. This year due to the unusually cold spring weather and late spring frosts and freezes, the strawberry season will be a little later than usual, reports Michigan State University's Southeast Michigan district horticulture agent Bob Tritten. .

Though strawberries are grown in every county in Michigan, Berrien, Leelanau and Van Buren are Michigan's largest strawberry-producing counties. In 2001, sales of Michigan strawberries were estimated at $5.5 million. Most of these were sold fresh, picked by consumers at "u-pick" operations around the state.

"U-pick" operations are private farms that are opened to the public for the picking and purchasing of fresh produce. The advantage of these operations is that consumers choose the produce they want and also get the freshest products possible. When consumers buy produce from "u-pick" operations, they are supporting Michigan farmers and Michigan grown products. "U-pick" operations are fun for the whole family. Adults and children alike enjoy the experience of picking farm-fresh produce.

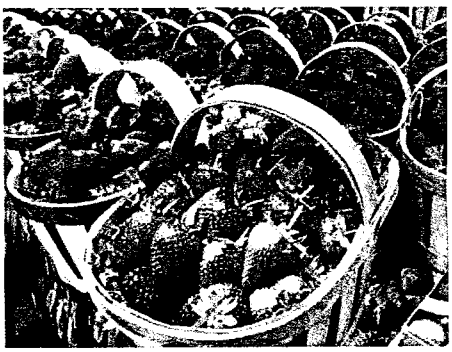
Family activities and seasonal events are often available at "u-pick" operations across the state.

You can access information using this website http://www.michiganfarmfun.com or call 866-964-3628.

Michigan Department of Agriculture

Health Benefits of the Strawberry

We all know strawberries are delicious, but they are also nutritious, and ideally should be a part of everyone's daily diet. You'll enjoy some health advantages by eating strawberries regularly, and the best part is strawberries are one of the most delicious fruits.



The USDA recommends that every American eat at least five servings of fresh fruits and vegetables daily, but unfortunately, most people don't even come close to that. Adding fresh strawberries to your diet, whether they are in salads, smoothies, or on their own, is a great way to get the servings of fruit you need for a well-rounded body and a healthy immune system.

What's so nutritionally good about strawberries?

Strawberries contain a range of nutrients, with vitamin C heading the group. They also contain significant levels of plant nutrients and antioxidants. These antioxidant properties are believed to be linked to what makes the strawberry bright red.

In addition to vitamin C, strawberries also provide an excellent source of vitamin K and manganese, as well as folic acid, potassium, riboflavin, vitamin B5, vitamin B6, copper, magnesium, and omega-3 fatty acids.

Family Meals, Easy, Tasty & Healthy

Shop for time savers:

Check prices on foods that are grated, chopped, washed. These foods often cost more, but they can save time. Try grated low-fat cheese, cut-up chicken, and mixed salad greens when they are on sale.

Stock your kitchen:

Get food that you can make and serve in a hurry, such as:

- Fruits (fresh, frozen, canned, or dried)
- Vegetables (fresh, frozen, or canned)
- Canned beans, fish, poultry, or meat
- Canned soups or stew
- Eggs
- Whole-grain bread or pasta
- Brown rice
- Low-fat or fat-free cheese or yogurt

Save time in your kitchen:

Cook once for everyone. Does your child like plain vegetables, meat, rice, or noodles? If so, set some aside before you add other ingredients. You won't need to take time to prepare different foods. Cook a fast way. Microwave, broil, or stir-fry when you can. Roasting and baking take longer.

Compre productos que ahorren tiempo:

Revise el precio de alimentos que estén rallados, cortados, lavados. Éstos tienden costar más, pero pueden ahorrarle tiempo. Pruebe queso ligero rallado, pollo en trozos, y legumbres mezcladas cuando estén en oferta.

Abastezca su cocina:

Compre alimentos queused pueda preparar y servir rápidamente

- Frutas (frescas, congeladas, enlatadas, o secas)
- Vegetales (frescos, congelados, o enlatados)
- Frijoles, pescado, o carnesenlatado
- Sopas o asados enlatados
- Huevos
- Pan o pasta integrals
- Arroz integral
- Queso ligero o sin grasa o yogur

Ahorre tiempo en la cocina:

Cocine para todos a la vez. ¿Sus niños prefieren los vegetales, la carne, el arroz o la pasta solos? De ser así, aparte sus porciones antes de agregar otros ingredientes. Así no necesitará tiempo extra para preparar comidas diferentes. Cocine rápidamente. Use el microondas sofría cuando pueda. Hornear toma más tiempo.

Source: My Pyramid.gov Loving my Family

Senior Health

Everyone can benefit from a balanced diet that is rich in a diversity of whole grains, fruits, and vegetables. Yet seniors have particular needs that make eating a nutritious diet even more important. Eating well contributes to aging well, as well as a general improvement in the quality of life and mental capacity.

Key nutrition tips for seniors

Since seniors tend to eat less, they should choose nutrient dense foods. When we're not as active as we used to be, the amount of calories required by our bodies is reduced. But, if we consume the same amount of food that we used to, this can lead to weight gain. Eating whole, natural, fresh foods are the best way to get nutrient rich substances in the diet that are less likely to result in weight gain. This is also an effective way to get more fiber in the diet, which can reduce the risk of disease and aid digestive movement.

Your diet should include plenty of fruits and vegetables, whole grains, nuts, legumes and healthy sources of protein such as poultry, lean meat, fish, tofu and dairy products. Many whole foods can be easily prepared, which is important for those of limited mobility. Lastly, since good health and detoxification is dependent on being adequately hydrated, it is also important to drink six to eight glasses of water every day.

Medical science may not have found the 'fountain of youth' yet, but proper nutrition coupled with exercise is one key to graceful aging and increased longevity.

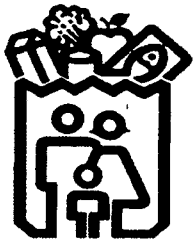
In general, some important guidelines for seniors include:

- reduce sodium (salt) to help prevent water retention and high blood pressure,
- monitor fat intake in order to maintain healthy cholesterol levels,
- consume more calcium and vitamin D for bone health,
- eat more fiber-rich foods to prevent constipation,
- cut back on sugar and on dry foods,
- make sure you get the recommended amount of important vitamins and minerals,
- increase your water intake, and
- participate in regular physical activity.

Additionally, because of lifestyle changes and a lower metabolism, it is important to consider *how* you eat as well as *what* you eat. To manage your weight and maintain optimum health, focus on eating efficiently. This means choosing foods that maximize nutritional value, not calories.

Source: Medline plus/nutrition for Seniors

Nutrition Classes: Learn how to stretch your food dollars, shopping basics, label reading and more. Qualified clients can sign up for free nutrition education classes with the Expanded Food Nutrition Education program (EFNEP) offered through MSUE in Macomb County.



For more information call
586-469-6432.

Angel Food Ministries

Angel Food Ministries is a non-profit, non-denominational organization dedicated to providing low-cost, nutritious groceries throughout the U.S.

Visit their website:

www.angelfoodministries.com

to find the closest host site near you.

MICHIGAN STATE UNIVERSITY EXTENSION
MACOMB COUNTY BOARD OF COMMISSIONERS

MSU EXTENSION PROGRAMS

For up-to-date info: www.macombcountymi.gov/msuextension/events

FAMILY (586) 469-5180

Jean Lakin, Family Resource Mgt Agent

Alternatives to Anger
4 week program

Wednesdays, 6:30 - 8:30 p.m.
July 8th, 15th, 22nd, 29th
At Leaps & Bounds
(Mt. Calvary Community Center)
8129 Packard ~ south of 9 Mile, East of Van Dyke
Call 586-469-7614 to register

Living with Less
FREE workshop

Thursday, May 21, 09 @ 6:30 - 9:30p.m.
To be held at
Warner Education Center
2791 Koper
Sterling Heights, MI 48310
(South of 15 between Ryan & Dequindre)

Call 586-469-7614 to register.

Money Smart from the Start

Date: Thursday, May 21st

Time: 6:00 to 8:30 p.m.

Location: MSU Extension Center
VerKuilen Bldg, 21885 Dunham Road, Door "E"
Clinton Township, MI 48036

Pre-registration is required. For more information or to register for this **free** series, **call 586-469-7614**

HOUSING (586) 469-6430

Anne Lilla, Housing Program Coordinator

Macomb Homebuyers
Affordable Housing Seminar

- Renting vs. Buying
- Government & Bank Loan Programs
- Down Payment Assistance
- Saving Money & Cleaning Up Credit

Wednesday, June 3, 2009
6:30-8:30pm
to be held at Warren City Hall
Call 586-469-6430 to register now!

Money Management

8 Sessions, Tuesdays, 6:30 - 9:00 pm
Sept. 1, 8, 15, 22, 29
Oct. 6, 13, & 20, 2009
MSU Extension - Macomb
VerKuilen Bldg21885 Dunham Rd. - Door E
Clinton Township, MI

Call (586) 469-6430 to register

FREE! Sponsored by the City of Warren, Community Development Block Grant Program

Home Ownership Seminar

FREE Three-part program
June 10th, 17th, and 24th, 2009
6:30 - 8:30 pm
To be held at:
Warren City Hall
Call 586-469-6430 to register!

NUTRITION (586) 469-6432

Eileen Haraminac, EFNEP Agent

Expanded Food & Nutrition Program
for low-income families with children - 6 sessions

- One-On-One Teaching
- Menu Planning
- Group Presentation
- Stretch Your Food Dollars
- Label Reading

Parenting Views/Healthy Bites

Free Newsletters

Check our website:
www.msue.msu.edu/macomb for:
Calendar of upcoming events
Program descriptions

* Volunteer Opportunities *

Youth Mentor Program

Positive role modeling to
at-risk youth 11 - 15
4H Activities for families
with children 5-19

Call 586-469-6431 for more information

MICHIGAN STATE UNIVERSITY EXTENSION
MACOMB COUNTY
BOARD OF COMMISSIONERS

21885 DUNHAM ROAD, SUITE 12
CLINTON TOWNSHIP, MI 48036

PRESORTED
STANDARD
U.S. POSTAGE PAID
MT. CLEMENS, MI
PERMIT NO. 1

DATED PUBLICATION

ADDRESS SERVICE REQUESTED

AN AFFIRMATIVE ACTION/EQUAL OPPORTUNITY INSTITUTION

Check our Web site:

macombcountymi.gov/msuextension

- Calendar of upcoming programs
- Program descriptions
- Volunteer opportunities
- Past Healthy Bites issues

Want to be on our mailing list? Please call!

586-469-6432

Note: Healthy Bites may be reproduced and distributed, however, please copy with logos and resources intact. Also, please let us know the number distributed for our tally.